



# NEW YORK CITY

## TRIATHLON™



You Will Do This.

**2017 ATHLETE GUIDE**

July 16, 2017  
[NYCTri.com](http://NYCTri.com)





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### TEST THE APP!

Download the new Race Day mobile app, currently in beta, to check race schedules, course information, tracking and much more.

**To Install:** Find the download link in your email. Once complete, select *New York City Triathlon* from the event list.



# NEW YORK CITY TRIATHLON™

## Greetings New York City Triathlon Athletes,

"I Love New York," and nothing says New York more than the Hudson River, the West Side Highway and Central Park.

Since its inception, the New York City Triathlon has been a stage for Olympians, Paralympians and tough as nails New Yorkers. Each section of this course tests your preparation and commitment. The Hudson River...best sushi in town. The West Side Highway is rough and hilly. Central Park rocks and rolls more than CBGB's.

Some say you're a real New Yorker if you live here for two years. We say you're a real New Yorker if you've conquered the New York City Triathlon. If you can make it here you can make it anywhere.

See you in the Hudson!  
The Team at the New York City Triathlon

### CONTACT

**Life Time  
Athletic Events**  
Contact us at  
[info@nyctri.com](mailto:info@nyctri.com)  
(212) 691-2200  
with event questions.



# NEW YORK CITY TRIATHLON™

## IMPORTANT PLACES

### Host Hotel

New York Hilton Midtown  
1335 Avenue of the Americas  
New York, NY 10019

### Sports and Fitness Expo

New York Hilton Midtown  
1335 Avenue of the Americas  
New York, NY 10019

### Transition Area

79<sup>th</sup> Street – 72<sup>nd</sup> Street & Hudson River

### Swim Start

99<sup>th</sup> St. & Hudson River

### Finish Line

Central Park  
72<sup>nd</sup> Street Transverse, Center Road  
(mid-park by the Bandshell)

## Driving to the NYC Triathlon?

SpotHero is the nation's leading parking reservation app to book convenient and affordable parking, whether it's for an event, commute to work or even airport parking.

To reserve your parking spot for the triathlon, visit [New York City Triathlon SpotHero Parking Page](#) and book a spot with rates up to 50% off drive-up.

Need parking for the expo? Visit [Sports and Fitness Expo SpotHero Parking Page](#) to book a spot near the New York Hilton Midtown.

New to SpotHero? Download the SpotHero [iPhone](#) | [Android](#) app and enter promo code NYCTRI17 for an extra 10% off your first park!

# SPOT HERO

SPOT  
HERO

Reserve Parking Now



## PRE-RACE SCHEDULE OF EVENTS

**Friday, July 14, 2017**

### **Sports and Fitness Expo**

**WHEN:** Friday, July 14th, 2017; 12:00 p.m. - 8:00 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level, Rhinelander Gallery

### **Mandatory Athlete Briefings and Packet Pickup**

Briefings held every half hour beginning on the half hour. The last briefing begins at 7:00 p.m.

**WHEN:** Friday, July 14th, 2017; 12:00 p.m. - 7:00 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level

### **NYC Tri Diaper Derby**

Registered children only

**WHEN:** Friday, July 14th, 2017; 1:00 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level, Promenade

### **Gildan Underwear Run Check-In**

Registered runners only

**WHEN:** Friday, July 14th, 2017; 6:30 p.m. - 7:15 p.m.

**WHERE:** Central Park, Cherry Hill 72<sup>nd</sup> Street Transverse

### **Gildan Underwear Run Start**

Registered runners only

**WHEN:** Friday, July 14th, 2017; 7:30 p.m.

**WHERE:** Central Park, Cherry Hill 72<sup>nd</sup> Street Transverse





## PRE-RACE SCHEDULE OF EVENTS

**Saturday, July 15, 2017**

### **Sports and Fitness Expo**

**WHEN:** Saturday, July 15th, 2017; 10:00 a.m. - 6:00 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level, Rhinelander Gallery

### **Mandatory Athlete Briefings**

Briefings held every half hour beginning on the half hour. The last briefing begins at 5:00 p.m.

**WHEN:** Saturday, July 15th, 2017; 10:00 a.m. - 5:00 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level

### **Mandatory Paratriathlete/Handler Meet-Up**

**WHEN:** Saturday, July 15th, 2017; 1:30 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level, Regent Room

### **Mandatory Paratriathlete/Handler Briefing**

Mandatory for all Paratriathletes and Handlers

**WHEN:** Saturday, July 15th, 2017; 2:00 – 3:30 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level, Regent Room

### **Mandatory Bike Check-In**

Bike frame number required (See Bike Check-In, page 14)

**WHEN:** Saturday, July 15th, 2017; 2:00 p.m. - 9:00 p.m.

**WHERE:** Riverside Park & 72<sup>nd</sup> Street – 79<sup>th</sup> Street

### **Fox Business Network Profit from Experience Transition Tours**

Running continuously, lasting approximately 20 minutes

**WHEN:** Saturday, July 15th, 2017; 2:30 p.m. - 5:30 p.m.

**WHERE:** Riverside Park & 72<sup>nd</sup> Street – 79<sup>th</sup> Street Transition Red & Yellow Info Tents

### **Mandatory Pro Briefing**

Mandatory for all Professional Triathletes

**WHEN:** Saturday, July 15th, 2017; 4:00 p.m. - 4:30 p.m.

**WHERE:** New York Hilton Midtown, 2<sup>nd</sup> Level, Regent Room



## RACE DAY SCHEDULE OF EVENTS

**Sunday, July 16, 2017**

**3:45 a.m. - 5:15 a.m. - ATHLETE SHUTTLES TO TRANSITION**

Pick Up: New York Hilton Midtown on 54<sup>th</sup> Street

**4:00 a.m. - 5:15 a.m. - YELLOW TRANSITION AREA OPEN**

Riverside Park & 72<sup>nd</sup> Street - See Security Measures, page 12

**4:00 a.m. - 5:40 a.m. - RED TRANSITION AREA OPEN**

Riverside Park & 79<sup>th</sup> Street - See Security Measures, page 12

**5:15 a.m. - 7:00 a.m. - ATHLETE SHUTTLES TO SWIM START**

Pick Up: New York Hilton Midtown on 54<sup>th</sup> Street; No stop at transition

**5:15 a.m. - YELLOW TRANSITION AREA CLOSES**

All athletes MUST vacate Transition Area to go to swim start

(with the exception of relay bikers & runners, who must stay in transition)

**5:40 a.m. - RED TRANSITION AREA CLOSES**

All athletes MUST vacate Transition Area to go to swim start

**5:50 a.m. – NYC TRIATHLON START**

99<sup>th</sup> Street & Hudson River

**7:30 a.m. - 1:00 p.m. – FINISH FESTIVAL CELEBRATION**

Central Park, Center Road

**10:00 a.m. – PRO & PREMIER AMATUER AWARDS**

Finish Festival

**10:30 a.m. - BIKE CUTOFF**

Gunhill Road turn-around cut-off

**11:00 a.m. - 2:00 p.m. – BIKE CHECK-OUT - Red & Yellow Transition Areas**

All bikes MUST be removed from transition by 2:00 p.m. - See Bike Check-Out, page 19

**12:00 p.m. – AGE GROUP, CHALLENGED ATHLETES INTERNATIONAL CHAMPIONSHIP & SPECIALTY AWARDS**

Finish Festival, Central Park, Center Road



## PRE-RACE INSTRUCTIONS

Briefings and Packet Pick-up are mandatory for all participants including all relay team members. Friends and family are not permitted in the briefing room or at packet pick-up, but are encouraged to attend the Sports and Fitness Expo!

### Sports and Fitness Expo

- **Go Nuts!** The Sports and Fitness Expo has cool products and last-minute supplies
- Did you bring your bike to the expo? Check it at the Bike Valet and pick it up when you leave!
- Be sure to get your race merchandise from Team Retail Solutions. Athlete T-shirts are provided by Coolcore, official chemical-free cooling apparel of the NYC TRI.
- Stop by the Bicycle Habitat booth to meet the mechanics who will be on-site on race day for insider tips.

### Mandatory Athlete Briefings

- Briefings run every half hour and last an average of 20 minutes.
- Each athlete must have his/her hand stamped before leaving the briefing to prove attendance.  
\*Historically our busiest briefings have been between 2:00 p.m. - 4:00 p.m. on Saturday. If you are able to go at another time, we highly recommend it.

### Packet Pick-Up

Must have stamp proving briefing attendance

- Your race number will be e-mailed to you the week before the race. If you forget your number, there will be computers for you to look it up.
- Line up by race number.
- Present your valid photo ID and then sign two waivers. (Read the waivers [here](#).)
- If you're a USAT member, you must show your valid USAT Member Card. If you forgot your USAT Card or did not pre-purchase race insurance, you must pay \$15. [Download](#) the USAT membership card app.
- Volunteers will put wristbands on all athletes picking up their packets. All athletes **MUST** keep their wristbands on until after they pick up their bike from transition on Sunday after the race.
- Race Number and wristband color correspond with your assigned transition area (Yellow or Red.)

**NO wristband, NO race, NO exceptions.**





## YOUR PACKET

### What's in your packet?

- Race Instructions and USAT Officials' Notes.
- Race Bib – Worn during the bike and run. Use the safety pins we provide or a race belt. Please fill out emergency contact information with a pen (NOT SHARPIE).
- Note: If you are part of a relay, the swimmer's packet will have the swim cap. The biker's and runner's packets will have their own corresponding bike and bib numbers.
- Helmet Number – Goes on the front of your helmet.
- Bike Number – Goes on the bike frame or seat post. **Your bike will not be allowed in/out of transition without it.**
- Clothing Bag – A clear plastic bag for your extra clothes on race morning. Drop it in one of the clothing trucks near Swim Start and pick it up at the finish. OZ Moving & Storage will be transporting the bags from Swim Start to the Finish. **Do not put valuables in your bag! We are not responsible for lost or damaged goods.**
- Swim Cap – You must wear your race-issued swim cap to be allowed on the start barge.
- Your Tri-Tat Race Number – Verify all of the numbers are correct. Remove the clear protective layer of your Tri-Tat and press against dry, clean skin. Hold a wet wash cloth over the tattoo for 30 seconds and slowly peel back the white layer.
- Place your race number vertically on both your left and right arms.
- Place your race number horizontally on your left hand.
- Write your race age horizontally on your left calf with permanent marker. Relays write an "R" on left calf.

### What's NOT in your packet?

- Timing chip & strap – To be worn around your left or right ankle. Don't forget to grab your chip and your chip strap on the way out of the packet pickup room.
- The fun stuff! Your goodie bag and t-shirt will be available for pickup at a separate table.
- Fox Business Network Transition Bags – Inside the goodie bag will be your two race-issued clear plastic transition bags. **Personal items brought into transition must be in these bags! See Security Measures, page 12**



## SECURITY MEASURES

### Security Measures - Transition

NYPD is requiring the Triathlon treat the Transition Area as a secured zone. Please follow the security protocols below.

- At packet pick-up, you will receive two large Fox Business Network branded clear plastic bags. Any items other than your bike going into Transition must be loose inside one of these clear plastic bags. One bag is for mandatory bike check-in on Saturday and one is for race morning transition access. In order to enter the secured Transition Area, all equipment must be loose and in the race issued clear plastic bag.
- This is just like what you would do with your liquids and gels when going through airport security.
- Large items like bike pumps that do not fit in the clear plastic bags can be carried in by hand and are subject to search.
- Unattended bags outside transition will be treated as a possible threat by the NYPD. Please use common sense and maintain possession of your bag while outside of Transition at all times.
- Hydration Packs (Camelbaks or similar) will be allowed on the race course.

### Event Alert System

An Event Alert System will be used on race day. Flags will be positioned throughout the course to alert athletes of race conditions. On race day, please take note of the flags and heed the instructions associated with each color.

Flags will be at the following locations:

- Swim Start
- Transition Entrance
- Aid Stations on the Run Course

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT



## SECURITY FAQ'S

**Q: How big are the two race-issued clear plastic transition bags?**

A: They're big! Each bag is 22" wide x 28" high with a 6" base, and the top closes with a drawstring. The bag for Saturday has a double drawstring closure and can be worn as a backpack so you may ride your bike to transition. The bag for Sunday has a single drawstring closure.

**Q: I'm riding my bike to transition for bike check-in on Saturday. What are your recommended bag-packing procedures?**

A: Follow these step by step instructions:

1. All transition equipment (i.e. goggles, wetsuit, running shoes) must be placed in race-issued clear plastic bag(s) in order to enter Transition.
2. At home, pack all your belongings into your clear plastic bag. You can use this clear plastic bag as a backpack. You can also put this bag into your own personal backpack that you are comfortable wearing while riding your bike.
3. Before entering transition, empty your personal backpack and put it into the clear plastic bag with the rest of your stuff.
4. Feel free to restow your belongings back into your personal backpack once in Transition.
5. You can remove your items from Transition in your own personal backpack.

**Q: Can I leave my emptied personal bag unattended outside of the secured transition area to then go pick up my transition gear?**

A: NO. NYPD will shut down the race if any backpack or transition bag is found unattended.



# NEW YORK CITY TRIATHLON™

## BIKE CHECK-IN

Saturday, July 15th, 2017; 2:00 p.m. – 9:00 p.m.

- **Bike Check-In is Mandatory! No bikes will be accepted into Transition race morning.**
- The race-issued bike number must be on your bike to be allowed into Transition.
- A non-racer may check in a bike on Saturday if the athlete is unable to do so.
- If you're driving your bike to Transition on Saturday, you may NOT stop or park your car in the 79<sup>TH</sup> Street traffic circle. NYPD will be ticketing and towing and Race Officials will disqualify you. Not worth it!
- Find the rack number that matches your bib number and rack your bike with seat and bike number facing the same direction. Your front wheel should rest on the ground.
- Personal items should be placed next to the front tire on the ground.
- Athletes are not allowed to personally mark their space with balloons, inflatables, or any other markers. No stationary trainers will be allowed in the transition area.
- Bikes may not be covered overnight. Any bike covers will be removed by race management.

## FOX BUSINESS NETWORK PROFIT FROM EXPERIENCE TRANSITION TOURS

Saturday, July 15th, 2017; 2:30 p.m. – 5:30 p.m.

- There are TWO Transitions: Red and Yellow. (See Maps)
- Each Transition has its own unique route in and out. Familiarize yourself with the route.
- If this is your first time or you need a refresher course, attend one of the Fox Business Network Profit from Experience Transition Tours.



Fox Business Network Profit from Experience Transition Tours meet at the information tents at the entrances to Transitions Red and Yellow.

## ATHLETE TRACKER POWERED BY ACCENTURE

Athlete tracking powered by Accenture is available at the 2017 New York City TRI. Spectators, friends, families and your NYC cab driver can sign up to get text messages or social media athlete alerts. Link coming soon.





## RACE MORNING INSTRUCTIONS

### Race Morning Transition Access

4:00 a.m. – 5:15 a.m.: Yellow Transition Open

4:00 a.m. – 5:40 a.m.: Red Transition Open

- All items brought into Transition must be in the race-issued clear plastic Transition bag.
- **Review Security Measures for Transition on page 12**
- All bike and run relay team members **MUST** be in transition before Yellow Transition closes.

### Swim Start

4:30 a.m. – 8:00 a.m. Swim Start Access

6:00 a.m. Transition Yellow athletes must be in their corrals

7:00 a.m. Transition Red athletes must be in their corrals

- Timing strap must be placed securely around your right or left ankle.
- Remember your race-issued swim cap, wristband, and clothing bag.
- Give yourself LOTS of time to get from Transition to Swim Start. The Time Trial start format will make things go VERY quickly. It's a one-mile walk from Transition.
- Drop your clothing bag at a clothing truck near Swim Start. All of the clothing bags will be transported to the Finish Line Athlete Recovery for you to pick up after the race.
- Listen for final water temperature announcements (water must be under 78° F to be wetsuit legal).
- Wait in your assigned corral. (Practice swims are not permitted.)
- Jump start for Age Group athletes; dive start for Pros and Premier Amateurs.



### TIME TRIAL SWIM START

- All athletes will be grouped with their assigned Age Group or Division.
- Per USAT standards, Age Groups are determined by your age at the end of the calendar year. For example, if you turn 30 in 2017, even after July 15<sup>th</sup>, you will still compete in the 30-34 age group.
- Age Groups/Divisions will be filed as a group onto the Start Barge. Athletes will enter the water APPROXIMATELY 15 ATHLETES EVERY 20 SECONDS.
- Due to tide shifts, the race is jump start only. No diving. Diving is grounds for disqualification.
- Timing mats will be located at the starting edge of the Start Barge.
- All athletes will receive a Timing Chip net time from the moment they leave the mats at the edge of the Start Barge until they cross the Finish Line timing mats. The swim time split will start once the athlete leaves the Start Barge timing mats and will end at the Swim Exit Barge timing mats.
- Transition Yellow athletes enter the water first. There will be a 20-minute gap between Transition Yellow and Transition Red athletes.
- Any athlete missing their assigned Age Group start will be held until the last start in their corresponding Transition (Transition Yellow/Transition Red) start group.
- Any athletes **missing the last start** in their corresponding transition start group (Transition Yellow/Transition Red) will **not be permitted to start the race**.

### Swim Course Tips

- Bring enough food and hydration with you to the swim start to stay nourished while you're waiting for your wave. (If you're in Transition Red this could be a long wait)
- The race has been wetsuit legal every year, so you will likely be able to wear your wetsuit.
- If you're struggling in the swim, raise and wave your arm to get the attention of one of our many swim support teams on surfboards, jet skis and boats. If you need to grab onto a surfboard for a second you may do so without being DQ'd, but you can't make forward progress.
- Don't be surprised by the saltiness of the Hudson River!
- Make sure you're on time. Any athletes missing their assigned Age Group/Division start will be held until the last wave in their corresponding transition (Transition Yellow/Transition Red) start group. Any athletes missing the last start in their corresponding Transition start group (Transition Yellow/Transition Red) will not be permitted to start the race.

**NO race, NO refunds, NO crying, NO exceptions.**





## TRANSITIONING & THE BIKE

### Transitioning to the Bike

- The barefoot run from Swim Exit to Transition is 400–700 yards. Bring an extra bottle of water to rinse your feet in Transition.
- Put your bike in an easy gear. There's a steep technical climb out of Riverside Park.

### The Bike Course

- Exit Riverside Park at the 79<sup>th</sup> Street Traffic Circle.
- Enter the North Bound Lane of the Henry Hudson Parkway (West Side Highway).
- Bike North to Mosholu Pkwy. U-turn at Gun Hill Road. 10:30 a.m. cut-off.
- Bike South to 57<sup>th</sup> St., U-turn, bike North to 79<sup>th</sup> St. (U-turn at bottom of descent)
- Exit right at 79<sup>th</sup> Street, down a steep exit ramp and make a sharp left turn onto 79<sup>th</sup> St.
- Enter Riverside Park at 79<sup>th</sup> St. Traffic Circle. GO SLOW. This is steep, technical and crowded.
- All bikers must be off the course by 11:15am.

### Bike Support

- Show up with your bike ready to race. This means pumped tires, lubed chain, bar-end plugs, gears and breaks adjusted, and seats and handlebars properly fitted.
- [Bicycle Habitat](#) mechanics will be available in transition for basic support during bike check-in and on race day.
- In case of a flat, pull off to the side of the road, NOT the middle lane!
- There is a sweep vehicle following the last athlete that can pick you up if you've had a mechanical issue and can't continue.
- Bike support is not guaranteed. Be prepared to fix your own flat. If you cannot continue, be prepared to wait for the sweep vehicle.

### Bike Course Tips

- Please be cautious as you bike out of Riverside Park. The paths are narrow, so this will be a designated No Passing zone. Save the racing for out on the highway!
- There are NO Aid Stations or Bottle Exchanges on the bike course. Bring two bottles of hydration on your bike and make sure your bottle cages are tight! It's New York—the West Side Highway is a little rough!

There are six very technical turns on the course including bike out, highway entrance, two U-turns on highway, highway exit, and 79<sup>th</sup> Street traffic circle exit. GO SLOW. Yellow and Red Transitions follow different routes to Transition. Pay attention to the signage and the volunteers.



# NEW YORK CITY TRIATHLON™

## THE RUN & FINISH

### The Run Course

- Steep run out of Riverside Park through the 72<sup>nd</sup> Street Tunnel.
- Run East across 72<sup>nd</sup> Street to Central Park. Give a cop a high-five for stopping the buses for you! Try to resist the urge to hop in a cab.
- Run Northern 5 Mile Loop of Central Park (including Harlem Hill).
- West (right) on 72<sup>nd</sup> Street Transverse, around Cherry Hill, finishing on Central Road.

### Run Course Aid Stations

- Gatorade Endurance Formula, water, medical support and toilets are available at all Aid Stations on the run course. With nearly double the sodium and triple the potassium of original Gatorade Thirst Quencher, Endurance Formula is a specialized sports drink designed to hydrate athletes engaging in prolonged training and racing when fluid, electrolyte and carbohydrate losses can be significant. Learn more about Gatorade Endurance Formula [here](#).
- Gatorade Energy Gels will be available at Aid Station #1 (W. 74<sup>th</sup> St.) within Central Park.



### The Finish

What to do when you cross the finish line?

- ARMS UP!! The paparazzi are waiting!
- You will then receive your finisher medal, finisher towel, Rethink water and an ice cold bottle of Gatorade
- Enjoy a sandwich, bag of Herr's potato chips, and fruit
- Members of your Fan Club are NOT allowed in the Athlete Recovery zone. Fans should meet you at the Family Reunion area, located at The Bandshell in Central Park.





## POST RACE INFORMATION

### YOU DID IT! NOW LIVE IT UP!

- Stop by the Fox Business Face Cam at the end of the race for your chance to see your greetings aired on the Fox Business Network after race day!
- Free Massages provided by [SISTEM](#) at the Finish Festival.
- Stop by the NormaTec Recovery booth to experience their cutting edge compression solutions that enhance the body's natural ability to recover. For more info click [here](#).
- Live music by B.O.D., contests, raffles, and lots of cool stuff!



### Timing Receipts & Results

- Come to the Results Tent located in the Finish Festival to pick up your official results! This receipt will give you splits and final time.
- You can also access your results directly from your mobile phone using the Race Day App or via this link: [2017 New York City Triathlon](#)

### Awards

- 10:00 a.m.: Pro & Premier Amateur Awards
- 12:00 p.m.: Age Group, Challenged Athletes International Championship, Specialty Awards. *\*Awards must be picked up during the awards ceremony.*
- For complete awards information please click [here](#).

### Bike Check-Out Instructions

All bikes/equipment MUST be picked up from Transition (72<sup>nd</sup> - 79<sup>th</sup> St. Riverside Park) between 11:00 a.m. – 2:00 p.m. on Sunday, July 16<sup>th</sup> in one of two ways:

1. Athlete Wristband – The athlete must present numbered wristband to pick up his/her bike from Transition. Once equipment has been picked up, the athlete's wristband will be cut off and collected and the athlete will not be able to re-enter Transition.
2. Bike Check-Out Buddy Tag – The athlete must give a friend/family member this Buddy Tag. The friend/family member must write his/her name and cell phone number on the front of the tag. The Buddy Tag must be presented in order to be granted access into Transition. Once equipment has been picked up, the Buddy Tag will be collected and the friend/family member will not be able to re-enter Transition.

*\* No one will be allowed back into Transition to check out their bike before 11:00 a.m.*



# NEW YORK CITY TRIATHLON™

## Transition Shuttles

Shuttles will be available to take athletes and spectators from the finish area back to transition in Riverside Park from 10:30 a.m. to 1:30 p.m. Shuttles will run on a constant loop, picking up athletes on Central Park West between 70<sup>th</sup> and 71<sup>st</sup> Streets and dropping off on West End and 71<sup>st</sup> Street. Follow the signs on race day to the shuttle area.

## Photography / Social Media

Athlinks will provide complimentary race photography before, during and after the race. Please make sure your race numbers (body marking, bike and bib numbers) are visible at all times so you can be identified. Photos will be posted to the event website within 24 hours of the event.

## Timing Chip

### What do I do with my timing chip if I decide to stop racing?

Please turn all timing chips into race personnel. If you end up picking up your packet and timing chip Saturday but do not race Sunday please mail you chip to:

Premier Event Management  
509 South Al Davis Road, Suite B  
Harahan, LA 70123

## Lost and Found

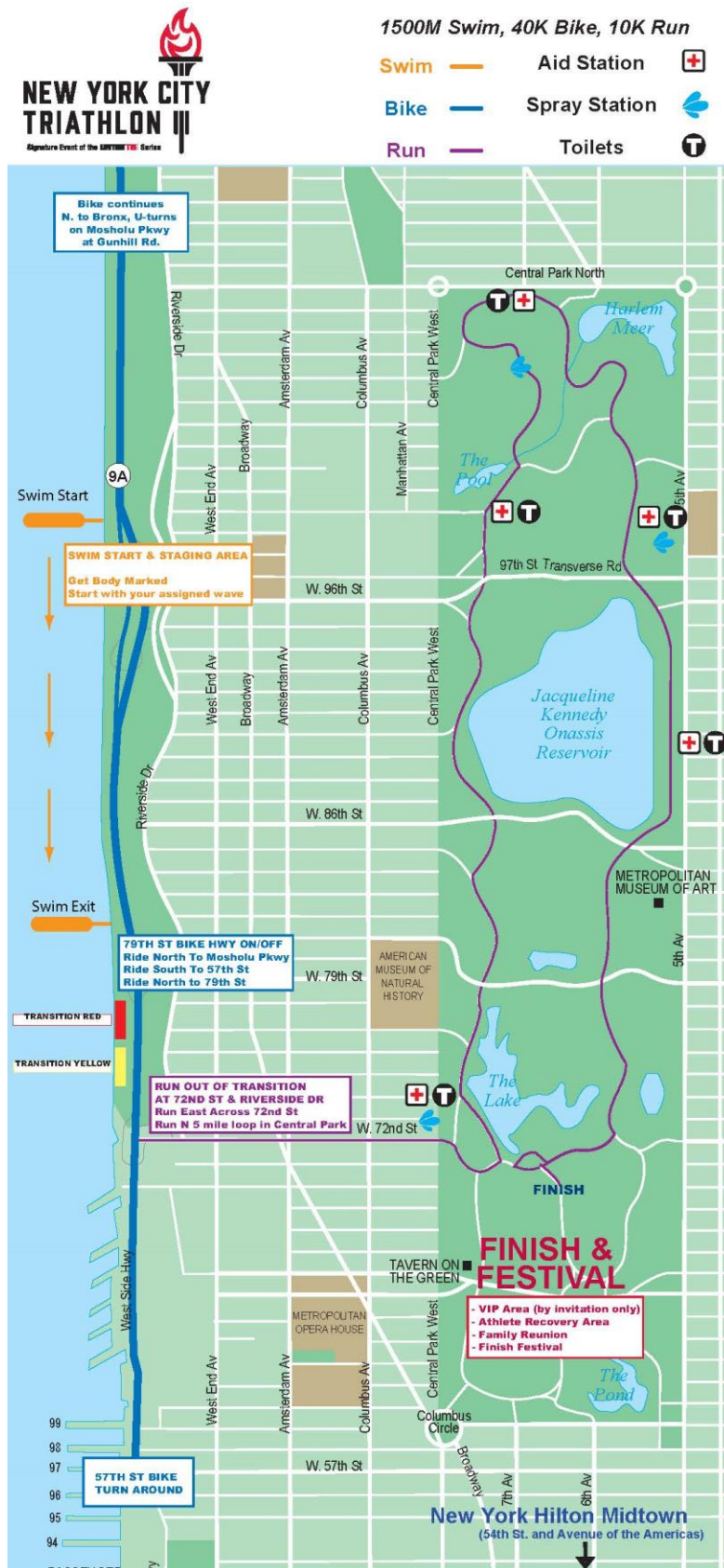
Lost and Found items should be turned in or claimed at the Finish Festival Volunteer Tent. Unclaimed items will be relocated to the Life Time office following the event, and donated after 30 days to a local charity

## Spectator Information

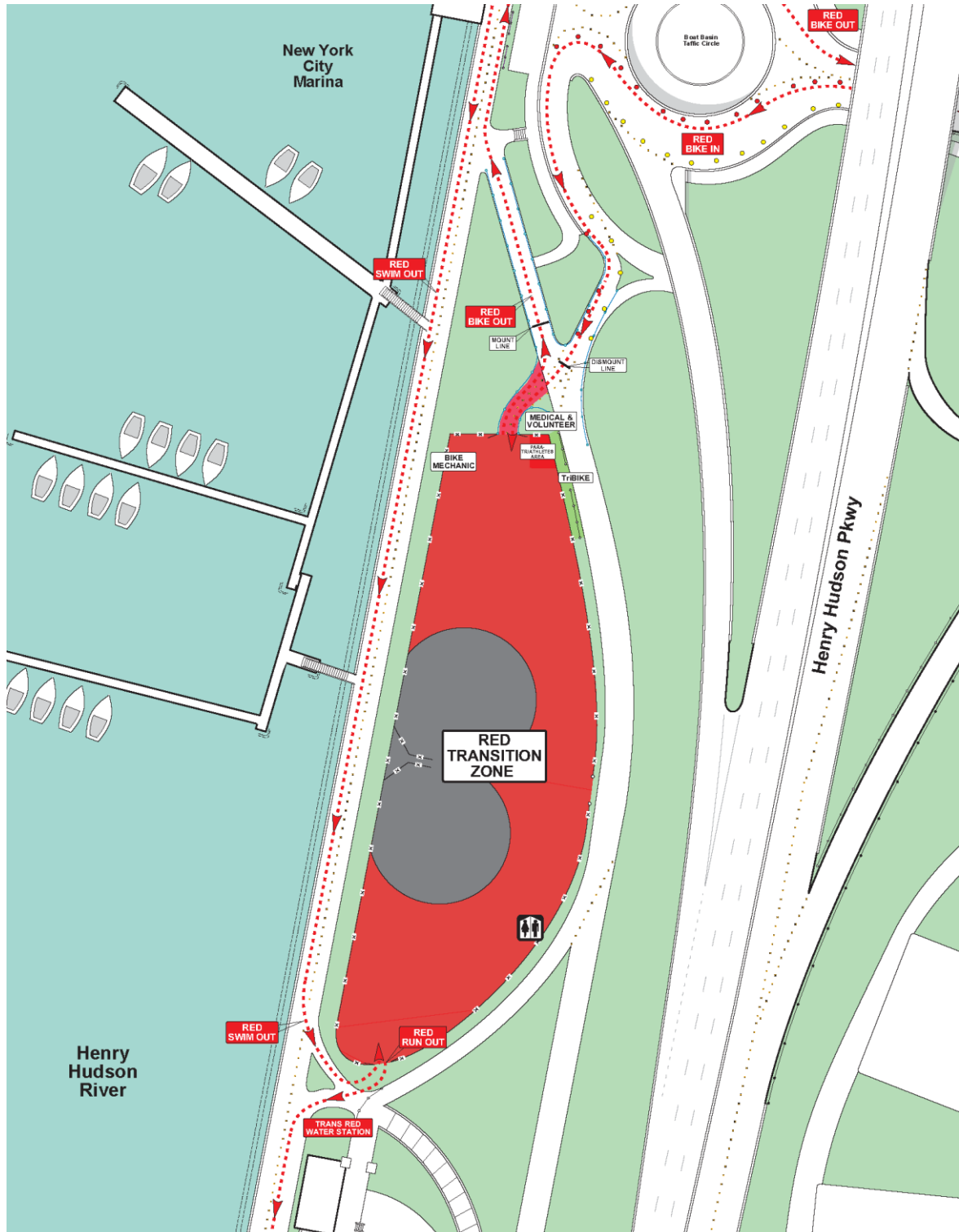
Spectators will be able to see their athletes at various points along the course. Check out our [Spectator Guide](#) for more detailed information on the best places to catch your athletes along the route!

Non-race personnel and spectators are not permitted to assist athletes in any way. Those who receive outside assistance (of any type) have an unfair advantage over their competition. If athletes are seen accepting assistance, they are subject to time penalties or disqualification.

## COURSE MAP

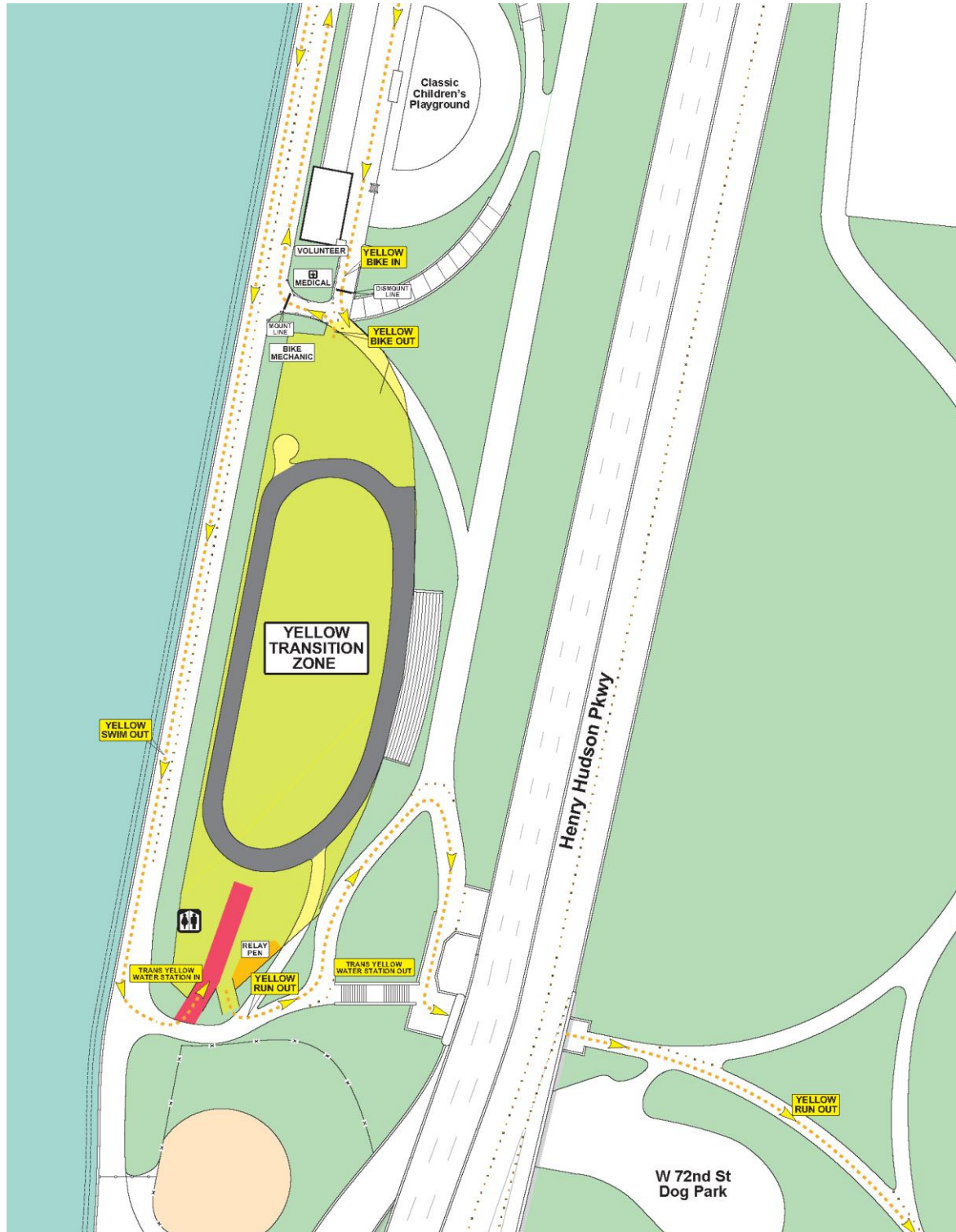


## TRANSITION MAPS

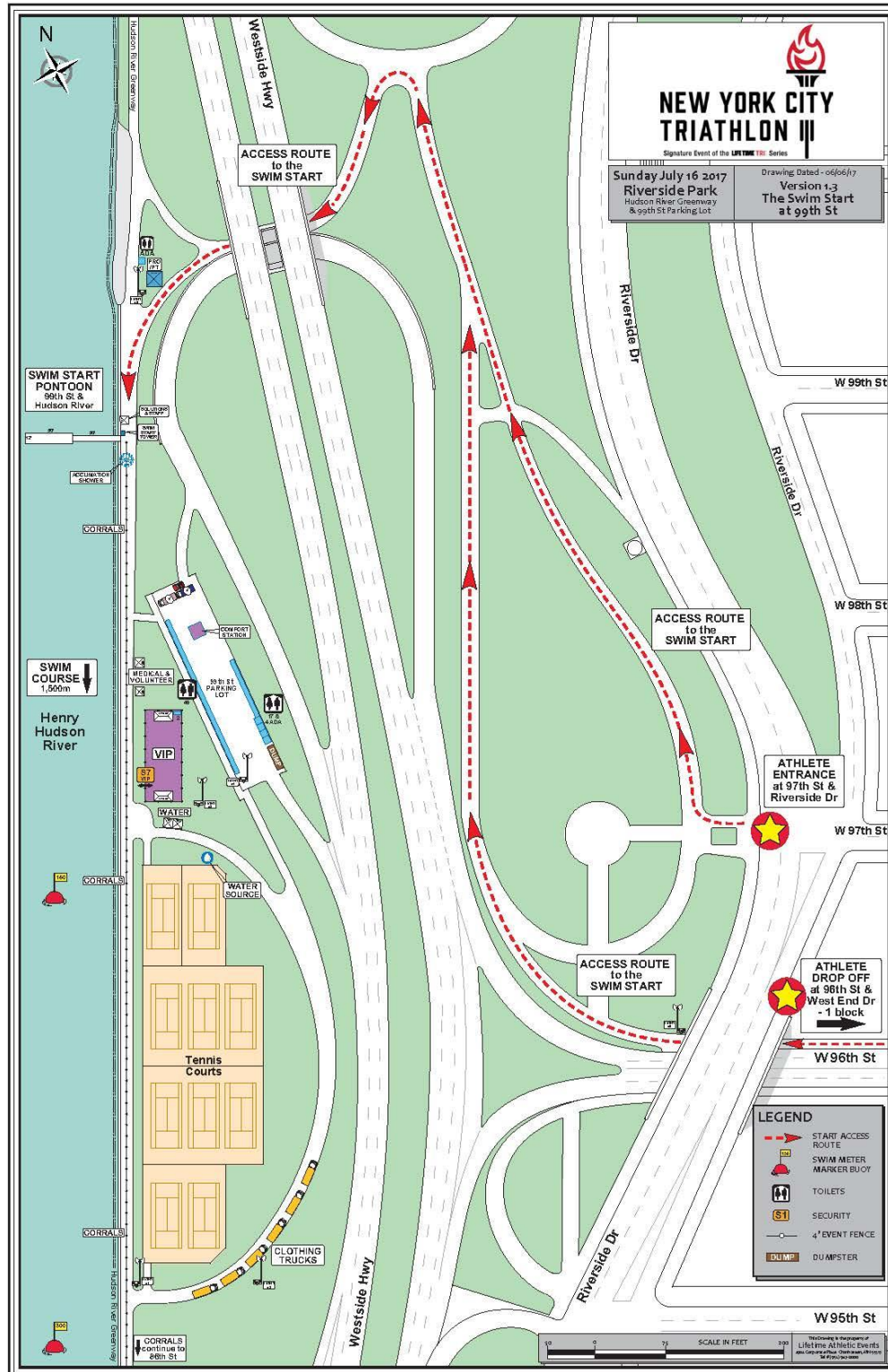




## TRANSITION MAPS



### SWIM START MAP





# NEW YORK CITY TRIATHLON™

## SWIM START SCHEDULE

\*Athletes will enter the water approximately 15 athletes every 20 seconds.

TRANSITION COLOR	TT START GROUP	DIVISION	CAP COLOR	START TIME
Yellow	1	Pro Women	RED	5:50 a.m.
Yellow	2	Pro Men	BLUE	6:00 a.m.
Yellow	3	Men Premier Age Group	YELLOW	6:05 a.m.
Yellow	4	Women Premier Age Group	PINK	6:07 a.m.
Yellow	5	Men 55-59	NEON ORANGE	6:09 a.m.
Yellow	6	Men 60 & Over	PURPLE	TT Start
Yellow	7	Men 40-44	LIGHT BLUE	
Yellow	8	Men 40-44	WHITE	
Yellow	9	Men 40-44	SILVER	
Yellow	10	Women 45-49	BLUE	
Yellow	11	Women 50 & Over	PINK	
Yellow	12	Women 25-29	GREEN	
Yellow	13	Women 25-29	RED	
Yellow	14	Women 30-34	SILVER	
Yellow	15	Women 30-34	WHITE	
Yellow	16	Women 35-39	LIGHT BLUE	
Yellow	17	Women 35-39	NEON ORANGE	
Yellow	18	Women 40-44	PURPLE	
Yellow	19	Athenas Women 24 & Under	PINK	
Yellow	20	Relays	RED	
Yellow	21	All ParaTriathletes & Guides	NEON YELLOW	
20 Minute Break between yellow & red transition starts				
Red	22	Men 45-49	PINK	7:05 a.m.
Red	23	Men 45-49	YELLOW	
Red	24	Men 45-49	NEON ORANGE	
Red	25	First Responders	PURPLE	
Red	26	Clydesdales	BLUE	
Red	27	Men 50-54	WHITE	
Red	28	Men 50-54	GREEN	
Red	29	Men 35-39	SILVER	
Red	30	Men 35-39	RED	
Red	31	Men 35-39	NEON YELLOW	
Red	32	Men 35-39	BLUE	
Red	33	Men 30-34	PINK	
Red	34	Men 30-34	WHITE	
Red	35	Men 30-34	GREEN	
Red	36	Men 30-34	LIGHT BLUE	
Red	37	Men 25-29	NEON ORANGE	
Red	38	Men 25-29	PURPLE	
Red	39	Men 24 & Under	YELLOW	



## SUGGESTED ATHLETE CHECKLIST

- \_\_\_ PHOTO ID AND USAT ID [If you are a member] (For Packet Pick-Up)
- \_\_\_ BIKE WITH RACE-ISSUED FRAME NUMBER ATTACHED (Checked into Transition Saturday 2-9 p.m.)
- \_\_\_ 2 BIKE BOTTLES FULL AND LOADED ON BIKE
- \_\_\_ RACE UNIFORM (Tri-Tank and Tri-Shorts Recommended)
- \_\_\_ ANTI-CHAFING PRODUCT
- \_\_\_ TIMING CHIP AND STRAP
- \_\_\_ COMFY SHOES TO WALK THE ONE MILE FROM TRANSITION TO SWIM START
- \_\_\_ PERMANENT MARKER (For Calf Age Body Marking)
- \_\_\_ WET SUIT
- \_\_\_ GOGGLES
- \_\_\_ RACE ISSUED SWIM CAP
- \_\_\_ TOWEL
- \_\_\_ EXTRA WATER BOTTLE TO RINSE FEET
- \_\_\_ VISOR OR HAT
- \_\_\_ BIKE SHOES
- \_\_\_ SUNGLASSES
- \_\_\_ SOCKS
- \_\_\_ RACE ISSUED BIB
- \_\_\_ HELMET WITH RACE ISSUED NUMBER ATTACHED
- \_\_\_ BIKE GLOVES
- \_\_\_ NUTRITION
- \_\_\_ BIKE AND TUBE REPAIR KIT
- \_\_\_ RACE BELT (Optional)
- \_\_\_ SUNSCREEN
- \_\_\_ RUNNING SHOES
- \_\_\_ SAFETY PINS

FOR MORE INFORMATION PLEASE VISIT [WWW.NYCTRI.COM](http://WWW.NYCTRI.COM)



### USA TRIATHLON

These races are USA Triathlon (USAT) sanctioned events, therefore all USAT rules apply. USAT annual members must present a current USAT membership card to participate in the event. Annual members **MUST** show the USAT membership card at Packet Pick-Up or will have to purchase the one-day membership.

USAT Annual Members whose dues are not current will be required to purchase a one-day membership for \$15 at Packet Pick-Up (those who did not do so when registering). All youth participants must be a valid member on race day. For more information on becoming a member of USA Triathlon and for complete USAT Rules, please visit them at [www.usatriathlon.org](http://www.usatriathlon.org).

Per USA Triathlon Rules, these races will enforce the age up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.

Example: Athletes who are 34 on the day of the race, but turn 35 before December 31, 2017, will be placed in the 35 year old age group. Those who are 34 on race day and turn 35 after December 31, 2017, will be placed in the 34 year old Age Group.

### TRIATHLON RULE VIOLATIONS

#### Helmets

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. *Penalty: Disqualification*

#### Chin Straps

Chin straps must be fastened at all times when on a bicycle. **DO NOT** unbuckle your chin strap unless you are off your bicycle. *Penalty: Disqualification on the course; time penalty in Transition area only.*

#### Unauthorized Assistance

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. *Penalty: Time penalty*



### Transition Area

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No glass containers in the Transition area. *Penalty:* Time penalty or disqualification

### Bike Drafting

- **Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.
- **Position**--keep to the right hand side of the lane of travel unless passing.  
**Illegal Pass**--cyclists must pass on the left, not on the right.
- **Blocking**--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.
- **Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

*Penalty:* Time penalty

### Course

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. *Penalty:* Referee's discretion, time penalty or disqualification

### Unsportsmanlike Conduct

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

*Penalty:* Disqualification

### Headphones and Telephones

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress. *Penalty:* Time penalty





### Race numbers

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.** *Penalty: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.*

### Wetsuits

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

### Abandonment

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

### VARIABLE TIME PENALTIES

Distance Category	1st Offense	2nd Offense	3rd Offense
Classic	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>

### DROPPING OUT

If you drop out of the race FOR ANY REASON, it is imperative that you notify a Race Official or Race Staff immediately and return your timing chip to them or the Timing Tent located at the Finish Line.

### 2017 SPONSORS

